

# Bringing the National Diabetes Prevention Program to New Hampshire

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State Public Health Actions “1305” Grant

Diabetes, Heart Disease, Obesity and School Health

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# Objectives

- Describe the public health significance of diabetes.
- Discuss National Diabetes Prevention Program availability in New Hampshire.
- Develop strategies to raise awareness of prediabetes and refer to National Diabetes Prevention Programs.



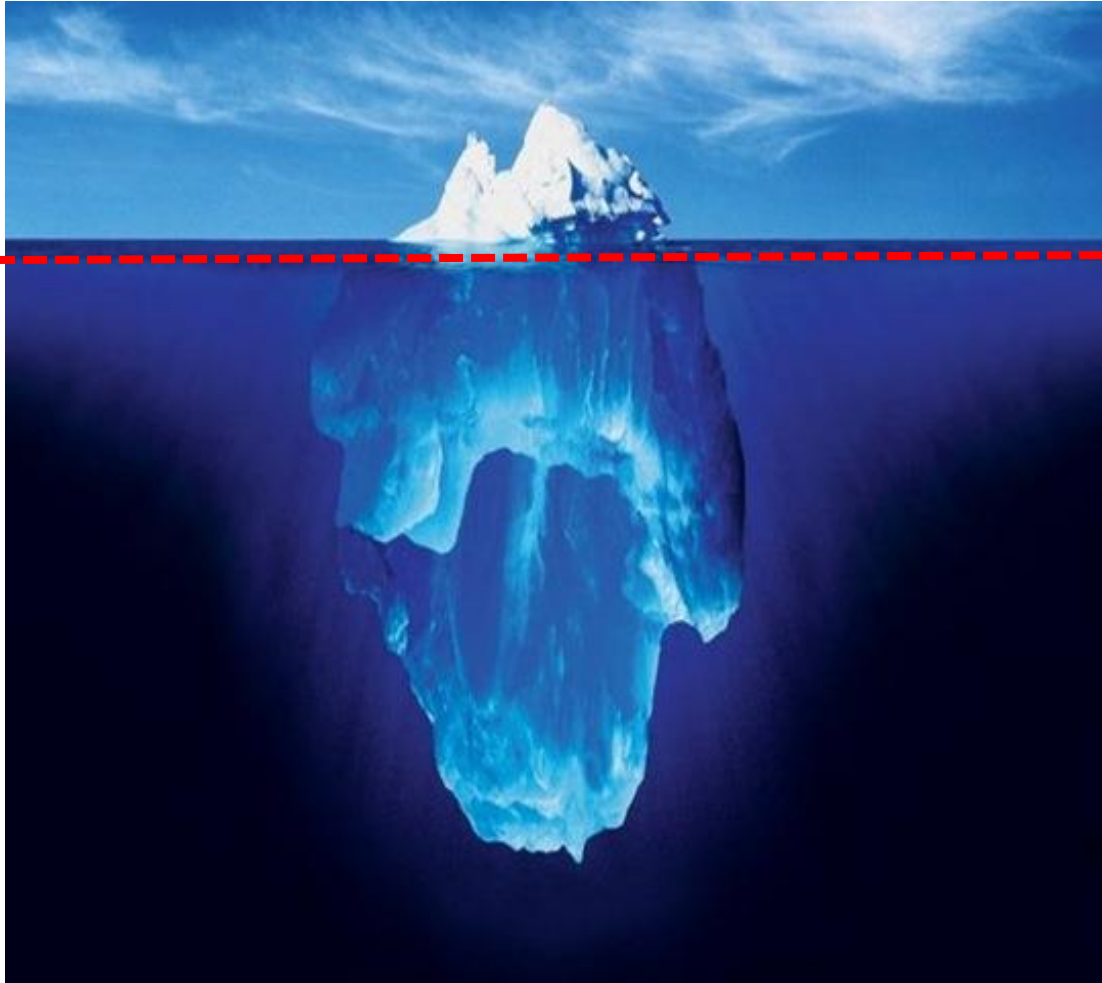
**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes/prevention/features.htm>

# Background

- **Diabetes mellitus** is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both
  - Type 1 – genetic, autoimmune
  - Type 2 (90-95% of all cases)
  - Gestational – affects ~ 7% all pregnancies, 5-10% develop T2DM immediately after, 40-60% chance develop T2DM within 5-10 yrs
  - Other (related to meds, infection, etc.)
- **Prediabetes** - blood glucose levels that are higher than normal, but not high enough for a diagnosis of diabetes.

# Diabetes and prediabetes in the United States



## Diabetes: 29.1 million\*

- 21 million diagnosed
- 9.3% total US population
- 8.1 million undiagnosed

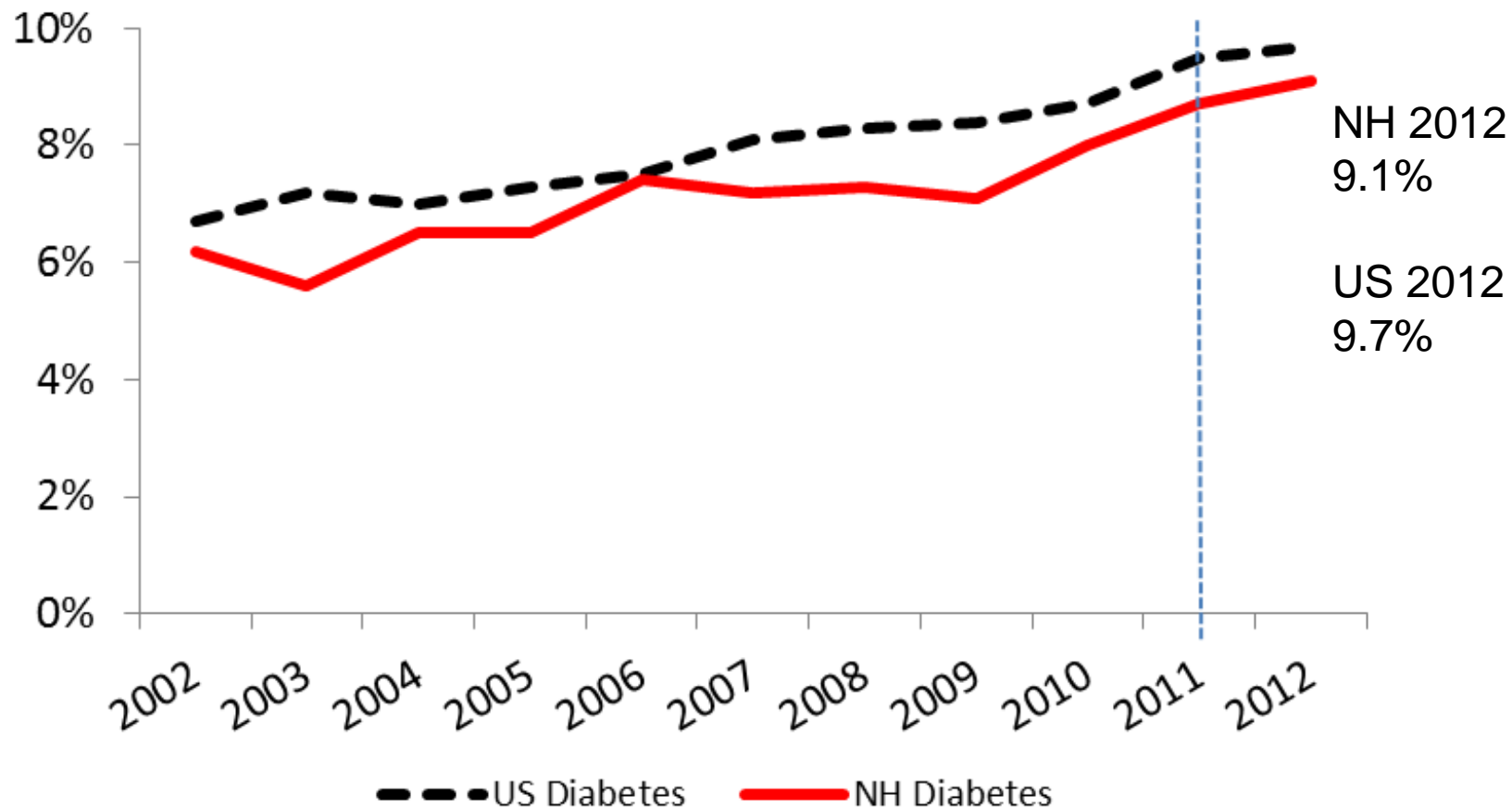
## Prediabetes

### 86 million adults 20+

- Over 90% undiagnosed
- Affects 37% adults
- Over 50% adults 65+

\*12.3% of adults 20+

# Prevalence of diabetes among adults by year, New Hampshire and United States, BRFSS, 2002-2012



**Note: prediabetes ~6% with no significant change for years**

2011 BRFSS methodology change – cannot compare w/previous years

<http://apps.nccd.cdc.gov/brfss/list.asp?cat=CH&yr=2012&qkey=8151&state=All>

# Diagnostic Criteria for diabetes/prediabetes

	<b>Tests</b>			
	<b>Hemoglobin A1c</b>	<b>Fasting Plasma Glucose</b>	<b>Casual Plasma Glucose</b>	<b>Oral Glucose Tolerance Test</b>
<b>Non-diabetic</b>	< 5.7 %	FPG < 100 mg/dL	----	2hPG (two-hour plasma glucose) < 140 mg/dL
<b>Prediabetes</b>	5.7% to 6.4%	FPG 100 to 125 mg/dL	----	2hPG 140 to 199 mg/dL
<b>Diabetes</b>	≥ 6.5%	FPG ≥ 126 mg/dL	Casual plasma glucose ≥ 200 mg/dL plus symptoms <sup>5</sup>	2hPG ≥ 200 mg/dL

**\*\*The above criteria is for non-pregnant adults**

# Risk factors for type 2 diabetes

Start testing @ 45 years If normal, repeat at least every three years.

Testing should be considered at a younger age, or be carried out more frequently, in individuals who are **overweight (BMI  $\geq 25$  kg/m<sup>2</sup>)\* and have one or more additional risk factors**

- Physical inactivity
- First degree relative with diabetes
- Race (African American, Latino, Native American, Asian American, Pacific Islander)
- Baby weighing > 9 lb. or GDM
- Hypertension
- Low HDL, high triglycerides
- Have other clinical conditions associated with insulin resistance (PCOS, etc.)
- Prediabetes
- History of cardiovascular disease



# Prediabetes is more than a touch of sugar!

*Without intervention,  
15% to 30% of people with  
prediabetes will develop type 2  
diabetes within 5 years*

Kidney Disease

Heart Disease

Stroke

# National Diabetes Prevention Program

- Based on the Diabetes Prevention Program clinical trial
- Reduced risk of developing type 2 diabetes in subjects with prediabetes by 58% over 3 years
- Translated into community model – “*National DPP*”
- Partnership – CDC, YMCA, UnitedHealth Group



## REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:



Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

**HALF**

to achieve a greater combined impact on reducing type 2 diabetes



Nationwide implementation of NDPP could save the U.S. health care system \$5.7 billion and prevent about 885,000 future cases of type 2 diabetes.....

# National Diabetes Prevention Program



## NDPP is an Evidence-Based Program

- Proven to prevent or delay the development of type 2 diabetes in adults with prediabetes
- Group setting with a trained lifestyle coach
- Focus on nutrition, physical activity, weight loss, stress management
- 16 weeks x 1 hour per week, followed by 1x/month for up to one year

## Eligibility:

- Documented blood test indicating prediabetes
- Score high on the risk test administered by the program site
- Self-reported history of gestational diabetes

## Where can I find a program?

- CDC Registry [www.cdc.gov/diabetes/prevention/](http://www.cdc.gov/diabetes/prevention/)
- YMCA Registry <http://www.ymca.net/diabetes-prevention/participating-ys.html>
- Contact Marisa Lara [marisa.lara@dhhs.state.nh.us](mailto:marisa.lara@dhhs.state.nh.us)

# National Diabetes Prevention Program (NDPP)

How much does it cost? .....It varies by site

- State of New Hampshire Employee Community Health Education Reimbursement Program (CHERP) provides \$150 per subscriber/year for health education
- Site offering the education program must be on the approved vendor list
- Most hospitals are on the vendor list
- [http://www.anthem.com/shared/nh/f4/s0/t0/pw\\_039532.pdf?refer=ahpfooter](http://www.anthem.com/shared/nh/f4/s0/t0/pw_039532.pdf?refer=ahpfooter)
- Concord Hospital is on the list and offers NDPP!
- NDPP – covered under “nutrition education” on CHERP form

STATE OF NEW HAMPSHIRE  
COMMUNITY HEALTH EDUCATION  
REIMBURSEMENT FORM



-IMPORTANT-

Please read and follow the instructions located on the front and back of this form. Complete all unshaded areas of the form by printing clearly with a non-erasable ink pen. This form will be returned to you if it is not complete. Anthem Blue Cross and Blue Shield will send reimbursement to the subscriber when approved. Please expect 6-8 weeks to process once Anthem Blue Cross and Blue Shield receives this form.

Note: To be reimbursed,  
member can only miss  
one class per series

1. Member's name: (last) (first) (m.i.)		2. Member's date of birth: Mo. Yr.		3. Member's Identification Number as shown on ID card. Please include the 3-letter prefix.  _____	
4. Member's sex: Male <input type="checkbox"/> Female <input type="checkbox"/>		5. Group (Employer) name: State of New Hampshire Group# (located on your id card): _____			
		6. Subscriber's name (if other than member): (last) (first) (m.i.)			
7. Subscriber's address: Street _____ City _____ State _____ Zip _____ <input type="checkbox"/> Check box if new address Telephone _____					
8. Participating Vendor: Name _____ Street _____ City _____ State _____ Zip _____				9. Participating Vendor ID# (please affix sticker):  #83-9999999-NH-01	
<b>DO NOT WRITE IN SHADED AREAS</b>					
10. Date of Class (Mo./Day/Yr.):		11. Place of service:		12. Class Name:	
From	To	OL		13. Diagnosis Code:  799.89	14. Amount paid by Member: \$ .
				15. Total number of sessions:	16. Instructor/ Class leader: Name _____ <input type="checkbox"/> Check box if member completed the program (allowed to miss maximum of one class per series)
17. Type of class: (please check <b>ONLY ONE</b> category)		18. Procedure Code		19. We authorize the release to Anthem Blue Cross and Blue Shield of any information necessary to process this request for reimbursement. We agree to the information written above, and verify that the member completed the program.	
<input type="checkbox"/> Smoking Cessation		S9453		X _____ (Vendor signature)	
<input type="checkbox"/> Nutrition Education		S9452			
<input type="checkbox"/> Weight Management		S9449			
<input type="checkbox"/> Stress Management		S9454			
<input type="checkbox"/> Physical Activity		S9451			
<input type="checkbox"/> Childbirth Education		S9442			
<input type="checkbox"/> Parenting Education		S9444			
<input type="checkbox"/> CPR/ First Aid		S9444		20. I authorize the release to Anthem Blue Cross and Blue Shield of any information necessary to process this request for reimbursement. I agree to the information written above and verify that I completed the program.	
				X _____ (Member signature)	
21. Date form completed					

The persons signing this form are advised that the willful entry of false or fraudulent information renders you liable to be withdrawn from this community health education program.

-Thank you-

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[http://www.admin.state.nh.us/hr/documents/anthem\\_health\\_ed.pdf](http://www.admin.state.nh.us/hr/documents/anthem_health_ed.pdf)

# Upcoming NDPPs in NH

## **Concord Hospital Center for Health Promotion**

### Summer program:

- Monday, May 4
- Noon-1pm

### Fall program:

- Wednesday September 16
- 5:30-6:30

Cost: \$99

Contact: 230-7300

[Concordhospital.org.classes/events](http://Concordhospital.org.classes/events)

## **Greater Nashua YMCA**

- Tuesday, May 19
- 5:45 to 6:45

Contact: Maegan Demers  
[mdemers@nhymca.org](mailto:mdemers@nhymca.org)

# National Diabetes Prevention Program in New Hampshire

*“Our management saw it as an important program with **national accreditation**, and wanted to offer it to the community as part of our curriculum at the Concord Hospital Center for Health Promotion.”*

*“There are a lot of home-grown, individualized programs out there. Diabetes is a confusing disease. Non-standardized curricula add to the confusion that is already out there. **The CDC curriculum provides a standard educational module that simplifies such a complicated condition.** There is huge value in that.”*

*Jason Aziz, MS, CSCS*

*Concord Hospital*

*National Diabetes Prevention Program Lifestyle Coach*



# Group Activity

In small groups, brainstorm some ideas to the questions.  
In 15 minutes, report you ideas back to the group.

- 1) How can we raise awareness of prediabetes and diabetes prevention among state employees and their families?
- 2) How can we increase participation in National Diabetes Prevention Programs by state employees and their families?
- 3) What resources/assistance/training would help you with #1 and #2?